



Complete Summary

[Take the Fifth Annual Customer Satisfaction Survey](#)

GUIDELINE TITLE

Adult low back pain.

BIBLIOGRAPHIC SOURCE(S)

Institute for Clinical Systems Improvement (ICSI). Adult low back pain.
Bloomington (MN): Institute for Clinical Systems Improvement (ICSI); 2003 Sep.
63 p. [103 references]

COMPLETE SUMMARY CONTENT

SCOPE
METHODOLOGY - including Rating Scheme and Cost Analysis
RECOMMENDATIONS
EVIDENCE SUPPORTING THE RECOMMENDATIONS
BENEFITS/HARMS OF IMPLEMENTING THE GUIDELINE RECOMMENDATIONS
CONTRAINDICATIONS
QUALIFYING STATEMENTS
IMPLEMENTATION OF THE GUIDELINE
INSTITUTE OF MEDICINE (IOM) NATIONAL HEALTHCARE QUALITY REPORT
CATEGORIES
IDENTIFYING INFORMATION AND AVAILABILITY

SCOPE

DISEASE/CONDITION(S)

- Acute low back pain
- Chronic low back pain
- Acute sciatica
- Chronic sciatica

GUIDELINE CATEGORY

Diagnosis
Evaluation
Management
Treatment

CLINICAL SPECIALTY

Chiropractic
Family Practice
Internal Medicine
Orthopedic Surgery
Physical Medicine and Rehabilitation
Radiology
Sports Medicine

INTENDED USERS

Advanced Practice Nurses
Allied Health Personnel
Health Care Providers
Health Plans
Hospitals
Managed Care Organizations
Nurses
Physician Assistants
Physicians

GUIDELINE OBJECTIVE(S)

- To increase the use of the recommended conservative approach as first-line treatment such as activity and self-care for patients with low back pain
- To reduce unnecessary imaging studies in patients with acute low back pain
- To increase the appropriate use of referral for patients with chronic low back pain
- Increase the percentage of adults with the diagnosis of low back pain receiving an epidural injection prior to a surgical consult

TARGET POPULATION

Adult patients age 18 and over in primary care who have symptoms of low back pain or sciatica.

Note: The guideline focuses on acute and chronic management, including indications for medical nonsurgical/surgical referral. For workers' compensation patients, see the mandated Workers' Compensation Guidelines in Appendix A of the original guideline document.

INTERVENTIONS AND PRACTICES CONSIDERED

Evaluation

1. Phone triage or medical screening evaluation
2. Medical history, including evaluation of cancer risk factors, spinal infection, Cauda Equina signs and symptoms, neurologic involvement, and psychosocial factors
3. Physical examination including palpation for spinal tenderness, neuromuscular testing, and bilateral straight leg raise
4. Laboratory testing (erythrocyte sedimentation rate) if suspicion of cancer or infection

5. Lumbar spine x-rays (anterior to posterior [AP] and lateral [LAT] views) for specific indications
6. Symptom classification by duration and location
7. Early referral to spine therapy professional

Treatment/Management

1. Home self care, including patient education, anti-inflammatory or analgesic medicines (e.g., acetaminophen, ibuprofen, naproxen sodium, or aspirin); decreased activity with ice packs on sore area for two days and warm packs thereafter; careful reintroduction of activity, along with stretches and walking; safe back exercises; and stress management
2. Acute low back pain and acute sciatica:
 - Conservative treatment, including patient education; cold and heat therapies; pain medication (acetaminophen, ibuprofen, naproxen, aspirin, cyclooxygenase-2 [COX-2] inhibitors); muscle relaxants; and activity recommendations including exercise programs
 - Discharge (return to work) or comprehensive reevaluation
 - Referral to physical therapist or other trained spine therapy professional
3. Chronic low back pain:
 - Lumbar spine x-rays (anterior to posterior and lateral views)
 - Active rehabilitation including patient education (proper body mechanics), resumption of normal light activities, exercise program, management of psychosocial factors and multidisciplinary approach
 - Consultation with/referral to a medical nonsurgical back specialist
4. Chronic sciatica:
 - Lumbar spine computed tomography or magnetic resonance imaging if patient is potential surgical candidate
 - Other special diagnostic tests (bone scan, electromyogram, computed tomography enhanced myelogram, myelogram, and radionuclide studies) for specific indications
 - Active rehabilitation
 - Epidural steroid injection
 - Consultation with/referral to a surgical back specialist

MAJOR OUTCOMES CONSIDERED

- Number, duration ,and intensity of pain episodes and recurrences
- Change in functional status (strength, mobility, endurance) associated with low back pain
- Time required to return to work
- Utilization of health care resources
- Diagnostic accuracy of various imaging techniques including lumbar spine computed tomography, magnetic resonance imaging, and computed tomography myelography
- Patient satisfaction

METHODOLOGY

METHODS USED TO COLLECT/SELECT EVIDENCE

Searches of Electronic Databases

DESCRIPTION OF METHODS USED TO COLLECT/SELECT THE EVIDENCE

Not stated

NUMBER OF SOURCE DOCUMENTS

Not stated

METHODS USED TO ASSESS THE QUALITY AND STRENGTH OF THE EVIDENCE

Weighting According to a Rating Scheme (Scheme Given)

RATING SCHEME FOR THE STRENGTH OF THE EVIDENCE

Key conclusions (as determined by the work group) are supported by a conclusion grading worksheet that summarizes the important studies pertaining to the conclusion. Individual studies are classed according to the system presented below, and are designated as positive, negative, or neutral to reflect the study quality.

Conclusion Grades:

Grade I: The evidence consists of results from studies of strong design for answering the question addressed. The results are both clinically important and consistent with minor exceptions at most. The results are free of any significant doubts about generalizability, bias, and flaws in research design. Studies with negative results have sufficiently large samples to have adequate statistical power.

Grade II: The evidence consists of results from studies of strong design for answering the question addressed, but there is some uncertainty attached to the conclusion because of inconsistencies among the results from the studies or because of minor doubts about generalizability, bias, research design flaws, or adequacy of sample size. Alternatively, the evidence consists solely of results from weaker designs for the question addressed, but the results have been confirmed in separate studies and are consistent with minor exceptions at most.

Grade III: The evidence consists of results from studies of strong design for answering the question addressed, but there is substantial uncertainty attached to the conclusion because of inconsistencies among the results of different studies or because of serious doubts about generalizability, bias, design flaws, or adequacy of sample size. Alternatively, the evidence consists solely of results from a limited number of studies of weak design for answering the question addressed.

Grade Not Assignable: There is no evidence available that directly supports or refutes the conclusion.

Study Quality Designations:

The quality of the primary research reports and systematic reviews are designated in the following ways on the conclusion grading worksheets:

Positive: indicates that the report or review has clearly addressed issues of inclusion/exclusion, bias, generalizability, and data collection and analysis.

Negative: indicates that these issues (inclusion/exclusion, bias, generalizability, and data collection and analysis) have not been adequately addressed.

Neutral: indicates that the report or review is neither exceptionally strong nor exceptionally weak.

Not Applicable: indicates that the report is not a primary reference or a systematic review and therefore the quality has not been assessed.

Classes of Research Reports:

A. Primary Reports of New Data Collection:

Class A:

- Randomized, controlled trial

Class B:

- Cohort study

Class C:

- Non-randomized trial with concurrent or historical controls
- Case-control study
- Study of sensitivity and specificity of a diagnostic test
- Population-based descriptive study

Class D:

- Cross-sectional study
- Case series
- Case report

B. Reports that Synthesize or Reflect upon Collections of Primary Reports:

Class M:

- Meta-analysis
- Systematic review
- Decision analysis
- Cost-effectiveness analysis

Class R:

- Consensus statement
- Consensus report
- Narrative review

Class X:

- Medical opinion

METHODS USED TO ANALYZE THE EVIDENCE

Review of Published Meta-Analyses
Systematic Review with Evidence Tables

DESCRIPTION OF THE METHODS USED TO ANALYZE THE EVIDENCE

Not stated

METHODS USED TO FORMULATE THE RECOMMENDATIONS

Not stated

RATING SCHEME FOR THE STRENGTH OF THE RECOMMENDATIONS

Not applicable

COST ANALYSIS

The guideline developers reviewed published cost analyses.

METHOD OF GUIDELINE VALIDATION

Clinical Validation-Pilot Testing
Internal Peer Review

DESCRIPTION OF METHOD OF GUIDELINE VALIDATION

Institute Partners: System-Wide Review

The guideline annotation, discussion and measurement specification documents undergo thorough review. Written comments are solicited from clinical, measurement, and management experts from within the member groups during an eight-week review period.

Each of the Institute's participating member groups determines its own process for distributing the guideline and obtaining feedback. Clinicians are asked to suggest modifications based on their understanding of the clinical literature coupled with their clinical expertise. Representatives from all departments involved in implementation and measurement review the guideline to determine its operational impact. Measurement specifications for selected measures are developed by the Institute for Clinical Systems Improvement (ICSI) in

collaboration with participating member groups following implementation of the guideline. The specifications suggest approaches to operationalizing the measure.

Guideline Work Group

Following the completion of the review period, the guideline work group meets 1 to 2 times to review the input received. The original guideline is revised as necessary and a written response is prepared to address each of the responses received from member groups. Two members of the Committee on Evidence-Based Practice carefully review the input, the work group responses, and the revised draft of the guideline. They report to the entire committee their assessment of four questions: (1) Is there consensus among all ICSI member groups and hospitals on the content of the guideline document? (2) Has the drafting work group answered all criticisms reasonably from the member groups? (3) Within the knowledge of the appointed reviewer, is the evidence cited in the document current and not out-of-date? (4) Is the document sufficiently similar to the prior edition that a more thorough review (critical review) is not needed by the member group? The committee then either approves the guideline for release as submitted or negotiates changes with the work group representative present at the meeting.

Pilot Test

Member groups may introduce the guideline at pilot sites, providing training to the clinical staff and incorporating it into the organization's scheduling, computer and other practice systems. Evaluation and assessment occurs throughout the pilot test phase, which usually lasts for three-six months. At the end of the pilot test phase, ICSI staff and the leader of the work group conduct an interview with the member groups participating in the pilot test phase to review their experience and gather comments, suggestions, and implementation tools.

The guideline work group meets to review the pilot sites' experiences and makes the necessary revisions to the guideline; the Committee on Evidence-Based Practice reviews the revised guideline and approves it for release.

RECOMMENDATIONS

MAJOR RECOMMENDATIONS

The recommendations for the management of adult low back pain are presented in the form of an algorithm with 26 components, accompanied by detailed annotations. An algorithm is provided for [Adult Low Back Pain](#); clinical highlights and selected annotations (numbered to correspond with the algorithm) follow.

Class of evidence (A-D, M, R, X) and conclusion grade (I-III and Not Assignable) definitions are repeated at the end of the "Major Recommendations" field.

Clinical Highlights

1. A patient should be offered an appointment within 24 hours if any of the following symptoms are present:

- fever 38 degrees C or 100.4 degrees F for greater than 48 hours
- unrelenting night pain or pain at rest
- pain with distal (below the knee) numbness or weakness of leg(s)
- leg weakness
- loss of bowel or bladder control (retention or incontinence)
- progressive neurological deficit
- patient requests for same day appointment

(Annotation #2 -see the original guideline document)

2. Lumbar spine x-rays should be limited to red flag indications.
 - unrelenting night pain or pain at rest
 - fever above 38 degrees C or 100.4 degrees F for greater than 48 hours
 - progressive neuromotor deficit
 - pain with distal numbness or leg weakness
 - loss of bowel or bladder control (retention or incontinence)
 - clinical suspicion of ankylosing spondylitis
3. Emphasize patient education and conservative home self-care which includes limited bed rest, early ambulation, postural advice, gentle stretching, ice/heat, anti-inflammatory or analgesic over-the-counter medication, and early return to work or activities. (Annotation #5)
4. Based on history and physical, classify symptoms by duration and location into appropriate categories: (Annotation #10)
 - Acute low back pain
 - Chronic low back pain
 - Acute sciatica
 - Chronic sciatica
5. It is expected that most patients who seek attention for their back pain will improve within two weeks. Most patients experience significant improvement within four weeks.

Patients with acute low back pain should be advised to stay active and continue ordinary daily activity within the limits permitted by the pain. For chronic low back pain, there is evidence that exercise therapy is effective. (Annotation #12)

6. Strong consideration should be given to epidural steroid injections prior to surgical interventions. (Annotation #25)
7. Referrals for imaging studies should be limited to patients with:
 - Progressive neurological deficits and
 - Minimal to no improvement of radicular symptoms despite 6 weeks of conservative treatment (Annotation #26)

Adult Low Back Pain Algorithm Annotations

1. Patient Calls and/or Presents with Low Back Pain or Sciatica/Phone Triage or Medical Screening Evaluation

The patient calls the clinic or presents as a walk-in at the clinic. A medical screening should be performed via triage/evaluation for phone contact and via provider examination for walk-ins. This is a proposed draft for each medical group to modify according to need.

General Assessment:

- Location of pain:

Low back pain [(LBP) does not radiate past the knee]

- Sciatica (LBP with radiation past the knee)
- Duration of symptoms:
 - ≤ 6 weeks is acute.
 - > 6 weeks is chronic.
- Date of onset of current symptoms or date of injury
- If injury: How did injury occur?
- Pain severity
 - Scale of 0 to 10, with 10 indicating most severe pain
- Other medical conditions
- History of previous back pain or surgery

For Worker's Compensation patients see the mandated Worker's Compensation Treatment Guidelines. (A summary of Minnesota Guidelines is provided in Annotation Appendix A, "Minnesota Workers' Compensation Treatment Guidelines Summary" in the original guideline document)

Evidence supporting this recommendation is of class: R

4. Primary Care Evaluation and Imaging Indications

This includes a history and physical and consideration of psychosocial factors.

If a serious underlying disease such as cancer, Cauda Equina syndrome, significant/progressive neurologic deficit or other systemic illness is present, consult or refer.

A. Patient history includes:

1. Cancer risk factors:

- Age ≥ 50
- History of cancer
- Unexplained weight loss
- Failure to improve after 4 to 6 weeks of conservative low back pain therapy

If all 4 of the above risk factors for cancer are absent then studies suggest that cancer can be ruled out with 100% sensitivity.

2. Spinal infection likelihood increases with:

- Intravenous (IV) drug use
- Urinary infection

3. Cauda Equina signs and symptoms:

- Urinary retention (if no urinary retention then the likelihood of Cauda Equina is less than 1 in 10,000)

- Saddle anesthesia, unilateral or bilateral sciatica, sensory and motor deficits, and abnormal straight leg raising are all common
4. Neurologic involvement:
 - Complaint of numbness or weakness in the legs
 - Sciatica with radiation past the knee (increases the likelihood of a true radiculopathy rather than pain radiating only to the posterior thigh)
 5. Psychosocial history review if indicated:
 - History of failed previous treatments
 - Substance abuse
 - Disability compensation

May consider factors such as fear, financial problems, anger, depression, job dissatisfaction, family problems, or stress which can contribute to prolonged disability. (See Appendix B in the original guideline document.)

- B. Physical examination should document:
 1. Palpation for spinal tenderness
 2. Neuromuscular testing to include:

Ankle dorsiflexion strength, great toe dorsiflexion strength, ankle reflexes, and knee reflexes. The sensory exam with pinprick sensation in the medial, dorsal, and lateral aspects of the foot should be noted.

- Significant or progressive neuromotor deficit requires surgical consultation.
3. Straight leg raise (SLR) should be assessed bilaterally to evaluate for nerve root impingement, including but not limited to disc herniation.
 - Positive straight leg raise is defined as pain in the posterior leg that radiates below the knee with the hip flexed 60 degrees or less and the patient lying supine, and is suggestive of disc herniation.
 - Negative straight leg raise rules out surgically significant disc herniation in 95% of cases.

- C. Lab findings:

Consider erythrocyte sedimentation rate if suspicion of cancer or infection.

- D. May consider early referral to physical therapy or another trained spine therapy professional. (See Annotations #14, "Consider Referral to a Trained Spine Therapy Professional" and #21, "Consult/Refer to Medical Nonsurgical Back Specialist" for details on specialties and treatments.)
 1. Patient presents with severe incapacitating/disabling back or leg pain; or
 2. Significant limitation of functional or job activities

E. Lumbar spine x-ray (anterior to posterior [AP] and lateral [LAT] views) indications:

1. Generally anterior to posterior and lateral x-rays are not useful in the acute setting but may be warranted when:

- Over 50 years old (increased risk of malignancy, compression fracture)
- Unrelenting night pain or pain at rest (increased incidence of clinically significant pathology)
- History or suspicion of cancer (rule out metastatic disease)
- Fever above 38 degrees C (100.4 degrees F) for greater than 48 hours
- Osteoporosis
- Neuromotor or sensory deficit
- Chronic oral steroids
- Serious accident or injury (fall from heights, blunt trauma, motor vehicle accident--this does not include twisting or lifting injury unless other risk factors, e.g., history of osteoporosis, are present)
- Failure to respond to 4 to 6 weeks of conservative therapy
- Drug or alcohol abuse (increased incidence of osteomyelitis, trauma, fracture)
- Clinical suspicion of ankylosing spondylitis

Oblique x-ray projection views on routine screening are rarely indicated, add only minimal information in a small percentage of cases, and more than double the exposure to radiation. Oblique view x-rays are, therefore, not recommended.

Evidence supporting this recommendation is of classes: C, R

5. Home Self-Care Treatment Program

When patients are improving they should continue self-care. No appointment is needed at this time: Patient is improving with home self-care instructions and will call back if questions arise or condition changes.

Etiology:

- Pain in the lower back is very common. It can be related to certain activities, poor posture, physical stress, or psychological stress. Ninety percent of back pain patients improve within 4 to 6 weeks.
- Consider telling the patient that more than half of the people who recover from a first episode of acute low back symptoms will have another episode within a few years. Unless the back symptoms are very different from the first episode or there is a new medical condition, improvement can be expected from each episode.
- When pain or weakness lasts longer than 6 weeks, more specialized treatment(s) may be needed. For this reason it is important for the patient to keep the doctor informed of his/her progress.

- Other etiologies: pregnancy, labor, menstrual period, urinary tract problems, and stomach upset with nausea, vomiting, or diarrhea

Instruct the patient to:

- Use anti-inflammatory or analgesic over-the-counter medicines like acetaminophen, ibuprofen, naproxen sodium, or aspirin to help ease the pain and swelling in the lower back. If stomach complaints persist, call your provider. For those under 20 years of age, consider using acetaminophen instead of aspirin.
- Take it easy for the first two days. Ice packs on the sore area will keep the inflammation down and bed rest may be helpful. If lying down is uncomfortable, keep knees elevated.
- Use warm packs to increase circulation and healing after the first few days. Light massages or warm baths may help to provide relief.
- Carefully introduce activities back into your day as you begin to recover from the worst of your back pain episode. Gradual stretches and regular walking are good ways to get back into action.
- Learn safe back exercises like modified sit-ups and low back stretches, and make them a regular part of your lifestyle.
- Take time to relax. Tension will only make your back feel worse.

Instruct patient to call back if:

- No improvement with home management
- Significant pain persists beyond a week
- Symptoms persist, worsen, or progress

9. Consult or Refer

Work up or refer to appropriate medical specialty for serious underlying conditions (e.g., cancer, or other systemic illness.) For conditions such as Cauda Equina syndrome or significant/progressive neurologic deficit consult or refer. Each medical group may have other indications for specialty referral.

Neurosurgery or Surgical Orthopedics:

- Patient is surgical candidate
- Cauda Equina syndrome
- Progressive or significant neuromotor deficit (e.g., foot drop or functional muscle weakness such as hip flexion weakness or quadriceps weakness)
- Persistent neuromotor deficit >4 to 6 weeks of conservative treatment (does not include minor sensory changes or reflex changes)
- Chronic sciatica with positive straight leg raise >4 to 6 weeks

Neurology (limited special indications)

- Chronic sciatica >6 weeks
- Atypical chronic leg pain (negative straight leg raise)
- New or progressive neuromotor deficit

10. Classify Symptoms by Duration and Location

There are a considerable number of ICD-9 diagnosis codes for low back pain. These four narrative diagnostic categories suffice to describe LBP. This guideline uses these four categories to indicate appropriate treatment. Each medical group should determine appropriate codes to identify these 4 classifications. This simplified diagnostic classification system reduces unnecessary variation in the number of ICD-9 codes used and also allows for research to link these codes with treatment interventions and outcome measures. In the absence of symptoms that suggest serious underlying disease (e.g., cancer, Cauda Equina Syndrome, significant or progressive neurologic deficit or other systemic illness), use one of these four Low Back Pain diagnoses:

- Acute Low Back Pain: LBP that does not radiate past the knee with current symptoms 6 weeks or less from onset
- Chronic Low Back Pain: LBP that does not radiate past the knee with current symptoms more than 6 weeks from onset
- Acute Sciatica: LBP that radiates past the knee with current symptoms 6 weeks or less from onset
- Chronic Sciatica: LBP that radiates past the knee with current symptoms more than 6 weeks from onset

A patient with "recurrent acute" episodes will follow the acute algorithm when the current symptoms are 6 weeks or less from onset. "Recurrent acute" means symptoms at some point improved separating the current episode from previous episodes. When the current symptoms are more than 6 weeks from onset the patient should be regarded as chronic and the provider should move to the corresponding sections of the algorithm (box 16 and beyond in the original guideline document). Sacroiliac joint dysfunction may be a contributor to low back pain and radicular pain in some individuals. This needs to be considered as a potential origin of pain.

If at initial evaluation the patient is identified as chronic, consider and review detail Annotations # 18, 19, 21 (see the original clinical guideline), 23, 25.

12. Conservative Treatment/Follow-Up Visit 1-3 Weeks After Initial Evaluation if Indicated

A. Conservative Treatment includes:

- The developers of the guideline expect that most patients who seek attention for their back pain will improve within two weeks. Most patients experience significant improvement within four weeks.
- More than half of the people who recover from a first episode of acute low back symptoms will have another episode within a few years. Unless the back symptoms are very different from the first episode or the patient has a new medical condition, expect improvement quickly from each episode.
- Cold and heat therapies
- Recommend acetaminophen, ibuprofen, naproxen, or enteric-coated aspirin as the analgesic and/or anti-inflammatory medication instead of regular aspirin. Acetaminophen, ibuprofen

and enteric-coated aspirin all have substantially less gastric toxicity and risks than regular aspirin, with the equivalent efficacy. Naproxen, similarly inexpensive, has slightly higher gastric toxicity, but the advantage of a less frequent dosing regimen. In a patient with a history of gastric problems, consider cyclooxygenase-2 (COX-2) treatment.

- Muscle relaxants are sometimes helpful for a few days but can cause drowsiness.
- Narcotic analgesics are rarely indicated
- If the patient has been involved in home care and has had an adequate trial prior to the first visit, consider referral to a spine therapy professional on the initial visit. (See Annotation #14, "Consider Referral to a Trained Spine Therapy Professional" for indications.)

B. Activity Recommendations:

Patients with acute low back pain should be advised to stay active and continue ordinary daily activity within the limits permitted by the pain. Remaining active leads to more rapid recovery with less chronic disability and fewer recurrent problems than either bed rest or back mobilizing exercises. [Conclusion Grade I: See Discussion Appendix A, Conclusion Grading Worksheet - Annotation #12, (Conservative Treatment)]

For patients with chronic back pain, there is evidence that exercise therapy is effective. See Annotation #19, "Active Rehabilitation."

1. Activity modification

- a. Continue routine activity while paying attention to correct posture.
- b. Patients with acute low back problems may be more comfortable if they temporarily limit or avoid specific activities known to increase mechanical stress on the spine, especially prolonged unsupported sitting, heavy lifting, and bending or twisting the back especially while lifting.
- c. Activity recommendations for the employed patient with acute low back symptoms need to consider the patient's age and general health, and the physical demands of required job tasks.

2. Bed rest

- a. A gradual return to normal activities is more effective and leads to more rapid improvement with less chronic disability than prolonged bed rest for treating acute low back problems.
- b. Prolonged bed rest for more than 4 days may lead to debilitation and is not recommended for treating acute low back problems.
- c. The majority of patients with low back pain will not require bed rest. Bed rest for 2 to 4 days may be an option for patients with severe initial symptoms of primarily leg pain.

3. Exercise

- a. Strengthening exercises for trunk muscles (especially back extensors), gradually increased, are helpful for patients with low back problems.

During the first 2 weeks, strengthening exercises may aggravate symptoms since they mechanically stress the back more than endurance exercise.

- b. Low stress aerobic exercise can prevent debilitation due to inactivity during the first month of symptoms and thereafter may help to return patients to the highest level of functioning appropriate to their circumstances.
- c. Aerobic (endurance) programs, which minimally stress the back (walking, biking, or swimming), can be started during the first 2 weeks for most patients with acute low back problems.
- d. Recommended exercise quotas that are gradually increased result in better outcomes than telling patients to stop exercising if pain occurs.
- e. Patients should discontinue any activity or exercise that causes spread of symptoms (peripheralization)

C. Self Care Brochure or the Equivalent:

In general, brochures and information that place a greater emphasis on reducing fear/anxiety and promoting active self-management have a greater opportunity for improving outcomes than traditional brochures that emphasize anatomy, ergonomics, and back specific exercises.

Specific content recommendations include:

- Reinforcing the likely absence of serious disease when red flags are not present
- Hurt does not equal harm
- Emphasis on a good prognosis for low back pain: the majority of patients experience significant improvement in two to four weeks
- Bed rest for more than two days should be discouraged
- Light activity will not further injure the spine and light activity typically helps speed recovery
- A progressive resumption of work and activity levels leads to better short-term and long-term outcomes
- Information and advice may be helpful regarding specific painful or limited activities such as sitting, lifting, getting up from bed, etc.
- No specific exercise type can be recommended as more effective. Specific advice "to take exercise as soon as back pain allowed," "minimize bed rest, keep mobile, and increase walking time each day," and/or advice that walking may help recovering backs and advice on some of the easier sports to get

back to after one had had back pain include walking or swimming.

D. Return to Work:

- Tell patients experiencing an episode of back pain that their pain is likely to improve and that the large majority of patients return to work quickly. They should understand that complete pain relief usually occurs after, rather than before, resumption of normal activities and their return to work can be before they have complete pain relief. Working despite some residual discomfort poses no threat and will not harm them.
- All persons recovering from back pain should understand that episodes of back pain may recur but can be handled similarly as the one from which they are recovering.
- The likelihood of back pain recurrence can be reduced by making exercise and lifestyle changes, as noted elsewhere.
- Consider using the following questions to guide your discussion about non-physical factors that can significantly impact risk for ongoing disability and return to work:

Do you enjoy the tasks involved in your job?

Do you get along with your closest or immediate supervisor?

E. Follow-Up Visit:

Because most patients with acute pain improve by 2 weeks, a conservative treatment approach is recommended. Low back pain patients who are not improving or who experience significant limitation of daily activity at home or work should contact their provider within 1 to 3 weeks of the initial evaluation. Patients who are improving should continue home self-care.

Evidence supporting this recommendation is of classes: A, C, M, R

14. Consider Referral to Trained Spine Therapy Professional

Choice of the trained professional will be determined by availability and preference of individual medical providers and organization systems.

The authors of the guideline consider a trained spine therapy professional an individual who consistently demonstrates the ability to provide therapies for patients with low back pain which are shown to be effective in the literature as outlined in the "Adult Low Back Pain" guideline. These therapies include: education, exercise programs, and appropriate use of manual/manipulative therapies. Individuals who may have training in these therapies include physical therapists, chiropractic providers, osteopathic or allopathic physicians. Indications for referral include:

- Failure to make improvement with home self-care after 2 weeks
- Severe incapacitating/disabling back or leg pain

- Significant limitation of functional or job activities

The professional's treatment plan should include both education and exercise. The treatment plan may include modalities, if necessary, to enable an individual to carry out an exercise program and self-care. It may also include limited passive treatments such as manual therapy (which includes manipulation and mobilization) among others. Spinal manipulation should not be done if pre-manipulative testing peripheralizes symptoms.

Passive treatments are to be minimized and used only to progress an individual toward independence in exercise and self-care. Active treatment such as exercise must be introduced within a week of initiating passive treatments.

Within 3 to 4 visits, the patient must display documented improvement in order to continue therapy. If no improvement is noted, a comprehensive re-evaluation should be performed by the spine care professional for other causes of low back pain including regional SI joint dysfunction.

Continued improvement must be documented for continued therapy. Typically no more than 4 to 6 visits are needed.

After 9 visits the primary care provider should be consulted to continue therapy.

Evidence supporting this recommendation is of classes: A, M, R

16. Comprehensive Physical and Psychosocial Reevaluation

- A. A comprehensive reevaluation including a general assessment should be done for patients not improving by 6 weeks. Most patients with acute back pain will improve within 6 weeks. Back pain and sciatica which persists longer than six weeks are defined as chronic. Refer to the related National Guideline Clearinghouse (NGC) summaries of the Institute for Clinical Systems Improvement (ICSI) guideline [Major Depression in Adults for Mental Health Care Providers](#), and [Major Depression in Adults in Primary Care](#).

Of the 10% of patients with chronic symptoms, 90% fall into the chronic low back pain category and only 10% fall into the chronic sciatica category.

Consider erythrocyte sedimentation rate if suspicion of cancer or infection.

For patients not improving by 6 weeks see Annotations #18, "Lumbar Spine X-Rays (AP and LAT views) if Indicated" and #23, "MRI or Lumbar Spine CT Imaging Indications When Patient is a Potential Surgical Candidate" for imaging considerations.

- B. Physical factors which may lead to delayed recovery or prolonged disability may include malignancy, infection, metabolic or

biomechanical conditions. Consider blood testing (including ESR) if there is suspicion of cancer or infection.

Biomechanical conditions may include Sacroiliac Joint Dysfunction (SJD). Clinical indicators include delayed recovery with unilateral pain below L5, pain near the posterior inferior iliac spine (PSIS) and at times radicular or referred pain to the groin, thigh or below the knee. Diagnostic maneuvers for these conditions could include a positive Patrick's test, gapping test, compression test and Gaenslen's test. Appropriate treatment by a trained spine professional will include manual therapy, instruction of self-corrective maneuvers and strengthening exercises.

The screening and assessment tools noted below may help identify psychosocial factors for prolonged disability and chronic pain. Treat OR refer to the appropriate mental health professional if indicated.

The following tools are provided in Annotation Appendix B of the original guideline document:

- Waddell's sign for nonorganic pathology and pain magnification
- Nonanatomic pain drawing for patient to assess own pain
- Diagnostic and Statistical Manual of Mental Disorders, 4th edition, Text Revision (DSM-IV TR) Screening Checklist for depression
- CAGE (AID) Screening Checklist for possibility of alcohol abuse
- Work APGAR
- Psychosocial risk factors
- Groups of risk factors
- How to judge if a person is at risk
- 6 specific screening questions in tool kit

Evidence supporting this recommendation is of classes: B, C, D, M, R

18. Lumbar Spine X-rays (AP and LAT views) if Indicated

Patients with chronic LBP or acute low back pain who are not improving should receive consideration for further diagnostic testing. (See Annotation #4e, section titled "Lumbar Spine X-ray Indications," above.) Oblique projection views on routine screening are rarely indicated, add only minimal information in a small percentage of cases, and more than double the exposure to radiation. Oblique view x-rays are therefore not recommended.

Several x-ray findings are of questionable clinical significance and may be unrelated to back pain. These findings include: single disk space narrowing, spondylolysis, lumbarization and sacralization, Schmorl nodes, spina bifida occulta, disk calcification, and mild to moderate scoliosis.

Evidence supporting this recommendation is of classes: C, M

19. Active Rehabilitation

There is strong evidence that exercise therapy is effective for chronic low back pain. However, there is inconclusive evidence in favor of one exercise over the other--flexion, extension, fitness. [Conclusion Grade I: See Discussion Appendix B, Conclusion Grading Worksheet - Annotation #22 (Active Rehabilitation) in the original guideline document]

High-grade mobilization/manipulation has been shown to be effective early in treatment when followed by appropriate active rehabilitation.

The treatment of chronic low back pain should include:

- education (back book and advice by provider)
- active self management
- gradual resumption of normal light activities as tolerated
- prevention - good body mechanics
- exercise - many studies show the benefit of an exercise program with chronic low back pain
 1. inconclusive evidence in favor of one exercise over the other (flexion, extension or fitness)
 2. consider a graded active exercise program
 3. consider specific exercises to strengthen the core trunk stabilizing muscles
 4. consider intensive exercise program
- Assess and manage psychosocial factors
- Multidisciplinary approach

Evidence supporting this recommendation is of classes: A, B, C, D, M, R

23. Magnetic Resonance Imaging (MRI) or Lumbar Spine Computed Tomography (CT) Imaging Indications When Patient is a Potential Surgical Candidate

In isolated cases of low back pain without radicular symptoms, MRI is the preferred diagnostic test. However, in an otherwise healthy adult without a previous history of back surgery and symptoms of low back pain with radicular symptoms, a CT scan may be as sensitive of a diagnostic tool as an MRI.

MRI and CT generally are not useful during acute low back pain or acute sciatica unless surgery, cancer or infection are considerations. MRI or CT can be ordered by a primary care provider in consultation with an appropriate consultant when the patient meets surgical referral criteria. (See Annotation #25, "Consider Referral for Epidural Steroid Injections for Pain Control," in the original guideline document.) Each medical group may have specific arrangements for ordering CT, MRI or other special diagnostic tests prior to referral to a surgical back specialist.

- A. MRI Indications:
- Myelopathy
 - Suspected metastasis
 - Tumor

- Osteomyelitis
- Discitis
- Paraspinal abscess/fluid collection
- Vascular malformation
- Bone marrow replacement processes
- Compression fracture in elderly patient
- Congenital spinal anomalies (spina bifida)
- LBP and radicular pain refractory to conservative therapy (typically for greater than 7 weeks)
- Severe pain (for example requiring hospitalization)
- Progressively severe symptoms despite conservative therapy
- Progressive neurological dysfunction

Note: In the post surgical patient, MRI should be done with gadolinium.

B. CT Indications:

- Refractory radiculopathy
- Focal motor deficit
- Acute trauma (allows for rapid assessment):
 - To further characterize extent of fracture, fracture fragments or subluxation evident on conventional radiographs
 - To exclude clinically suspected fracture or alignment abnormality not visualized on conventional radiographs
 - Assessment of presence and location of foreign bodies, e.g., bullet fragments
- Fracture assessment; healing versus non-union; benign versus malignant
- Postoperative assessment; assessment of fusion, alignment, location and integrity of metallic fusion screws and devices
- Assessment of suspected stress fractures spondylolysis or primary bone tumors (such as osteoid osteoma or osteoblastoma)
- MRI contraindicated; pacemaker, implants, etc.
- MRI claustrophobia issues
- Preoperative assessment; three-dimensional CT rendering

Evidence supporting this recommendation is of classes: C, R

25. Consider Referral for Epidural Steroid Injections for Pain Control

Epidural steroid injections performed by an interlaminar approach or transforaminal approach (see Discussion and Reference section of the original guideline document for details) done under image-guided contrast control may be a reasonable option for pain control in patients with chronic sciatica and MRI/CT findings that correlate with clinical symptoms (done with image guidance contrast control).

Epidural steroid injections for sciatica/radiculopathy

1. Patient selection

- a. Patients should have complaints of predominantly leg pain in a dermatomal distribution with corroborative examination findings for radiculopathy (reflex changes, possible motor weakness, and root tension signs.) In addition, the pain should be of the severity that significantly limits function/quality of life and has not responded to oral analgesic medications and other conservative care measures.
- b. Corroborative neuraxis imaging is required, either MRI or CT, with evidence of disk disease or bony stenosis which fits with the clinical syndrome.
- c. Patients should have no contraindications to injection therapy, including: no signs or symptoms of active infection either systemically or locally, no history of bleeding disorders or current use of anticoagulants such as Coumadin or Plavix, no allergies to local anesthetic agents, contrast agents, or corticosteroids, no prior complications to corticosteroid injections in the past. Pregnancy is a contraindication for the use of fluoroscopy. Caution should be used in diabetic patients because of altered glycemic control, which is typically transient. Also, patients with congestive heart failure need to be aware of steroid-induced fluid retention. Though nonsteroidal anti-inflammatory drug (NSAID) use is not a contraindication to injections, some practitioners discontinue these several days prior to injection.
- d. Informed consent of the patient with knowledge of side effects of epidural injection therapy as well as complications
- e. The prime indication for epidural steroid injection therapy is pain relief.

2. Technical Issues

- a. Epidural steroid injections should be performed by an experienced injectionist using image guidance and contrast control. Epidural injections performed without image guidance and contrast control, i.e., "blind epidural injections," are known to miss the perceived target tissue 18 percent to 52 percent of the time depending on the experience of the injectionist. Image guidance and contrast control are used to ensure that the injection is not performed intravascularly, intrathecally, or in tissues other than the epidural space.
- b. If image guidance is unavailable and reasonable volumes of injectate are used, caudal epidural injections may be efficacious for pathology at the L5-S1 disk level only.
- c. Root of administration and efficacy:
 - 1. Caudal injections – Injections through the sacral hiatus are generally not the preferred root of administration given high volumes of injectate needed to reach target tissues in adequate concentrations and the relative increased pain to the patient receiving these injections. Efficacy has not been adequately demonstrated using the caudal route though the literature suffers from low quality studies.
 - 2. Interlaminar injections – These are performed approaching the epidural space just lateral to the spinous processes of adjacent vertebrae. The efficacy of

laminar injections has been reviewed with mixed results. However, studies generally suffer from lack of a control group, lack of image guidance or failure to adequately identify the target tissue.

3. Transforaminal injections – These are performed placing the medication through the intravertebral foramen with the theoretical advantage of ensuring that the medication reaches the target tissue in the anterior epidural space. Two controlled trials have demonstrated efficacy and supported the positive results of other less-controlled studies. However, there is an obvious need for outcome data with an emphasis on return of function, not simply pain control and avoidance of surgery.

Evidence supporting this recommendation is of classes: A, R

26. Consult/Refer to Surgical Back Specialist

Special diagnostic tests should be done only after appropriate consultation with subspecialty physicians.

- Bone scan
- Electromyogram (EMG)
- CT enhanced myelogram
- Myelogram
- RNS (radio nucleoid studies)

Neurosurgery or Surgical Orthopedics

- Patient is surgical candidate
- Cauda equina syndrome
- Progressive or severe neuromotor deficit (e.g., foot drop or functional muscle weakness such as hip flexion weakness or quadriceps weakness)
- Persistent neuromotor deficit > 4-6 weeks of conservative treatment (does not include minor sensory changes or reflex changes)
- Chronic sciatica with positive SLR > 4-6 weeks

Evidence supporting this recommendation is of class: R

Definitions:

Key conclusions (as determined by the work group) are supported by a conclusion grading worksheet that summarizes the important studies pertaining to the conclusion. Individual studies are classed according to the system presented below, and are designated as positive, negative, or neutral to reflect the study quality.

Conclusion Grades:

Grade I: The evidence consists of results from studies of strong design for answering the question addressed. The results are both clinically important and consistent with minor exceptions at most. The results are free of any significant doubts about generalizability, bias, and flaws in research design. Studies with negative results have sufficiently large samples to have adequate statistical power.

Grade II: The evidence consists of results from studies of strong design for answering the question addressed, but there is some uncertainty attached to the conclusion because of inconsistencies among the results from the studies or because of minor doubts about generalizability, bias, research design flaws, or adequacy of sample size. Alternatively, the evidence consists solely of results from weaker designs for the question addressed, but the results have been confirmed in separate studies and are consistent with minor exceptions at most.

Grade III: The evidence consists of results from studies of strong design for answering the question addressed, but there is substantial uncertainty attached to the conclusion because of inconsistencies among the results of different studies or because of serious doubts about generalizability, bias, design flaws, or adequacy of sample size. Alternatively, the evidence consists solely of results from a limited number of studies of weak design for answering the question addressed.

Grade Not Assignable: There is no evidence available that directly supports or refutes the conclusion.

Classes of Research Reports:

A. Primary Reports of New Data Collection:

Class A:

- Randomized, controlled trial

Class B:

- Cohort study

Class C:

- Non-randomized trial with concurrent or historical controls
- Case-control study
- Study of sensitivity and specificity of a diagnostic test
- Population-based descriptive study

Class D:

- Cross-sectional study
- Case series
- Case report

B. Reports that Synthesize or Reflect upon Collections of Primary Reports:

Class M:

- Meta-analysis
- Systematic review
- Decision analysis
- Cost-effectiveness analysis

Class R:

- Consensus statement
- Consensus report
- Narrative review

Class X:

- Medical opinion

CLINICAL ALGORITHM(S)

A detailed and annotated clinical algorithm is provided for [Adult Low Back Pain](#).

EVIDENCE SUPPORTING THE RECOMMENDATIONS

TYPE OF EVIDENCE SUPPORTING THE RECOMMENDATIONS

The guideline contains an annotated bibliography and discussion of the evidence supporting each recommendation. The type of supporting evidence is classified for selected recommendations (see "Major Recommendations").

In addition, key conclusions contained in the Work Group's algorithm are supported by a grading worksheet that summarizes the important studies pertaining to the conclusion. The type and quality of the evidence supporting these key recommendations (i.e., activity recommendations for patients with acute low back pain; exercise therapy for patients with chronic back pain) is graded for each study.

The guideline recommendation for the use of magnetic resonance imaging as the primary modality for neuroradiologic evaluation of the lumbar spine is based on community standards and clinical practice. At this time there is no evidence to support the recommendation.

BENEFITS/HARMS OF IMPLEMENTING THE GUIDELINE RECOMMENDATIONS

POTENTIAL BENEFITS

Overall Benefits

- Appropriate medical evaluation, treatment and management of low back pain in adults including:
 - Appropriate use of conservative treatment as a first-line approach

- Reduced use of unnecessary imaging studies
- Increased use of appropriate medical referral
- Improved patient satisfaction with treatment including:
 - Increased pain control/decreased use of pain medication
 - Improved functional status/quality of life
 - Decreased time off from work

Benefits of Specific Treatments

- Most patients who receive conservative treatment for their back pain will improve within 2 weeks. Most will experience significant improvement within four weeks.
- There is evidence that exercise therapy is effective for patients with chronic low back pain.

POTENTIAL HARMS

Strengthening Exercises

During the first 2 weeks, strengthening exercises may aggravate symptoms since they mechanically stress the back more than endurance exercise.

Aspirin Use

Regular aspirin use for pain has been associated with gastric toxicity.

Epidural Steroid Injection

Caution should be used in diabetic patients because of altered glycemic control which is typically transient. Also, patients with congestive heart failure need to be aware of steroid-induced fluid retention.

Subgroups Most Likely to Be Harmed

Patients with a history of gastric problems may be at risk with aspirin use.

CONTRAINDICATIONS

CONTRAINDICATIONS

- Magnetic resonance imaging (MRI): Contraindications include patients with pacemakers, implants, etc.
- Fluoroscopy: Contraindications include pregnant women.
- Steroid injections: Contraindications include patients with signs and symptoms of active infection either systemically or locally, history of bleeding disorders or current use of anticoagulants such as Coumadin or Plavix, allergies to local anesthetic agents, contrast agents, or corticosteroids, prior complications to corticosteroid injections in the past.

QUALIFYING STATEMENTS

QUALIFYING STATEMENTS

- This clinical guideline is designed to assist clinicians by providing an analytical framework for the evaluation and treatment of patients, and is not intended either to replace a clinician's judgment or to establish a protocol for all patients with a particular condition. A guideline will rarely establish the only approach to a problem.
- This clinical guideline should not be construed as medical advice or medical opinion related to any specific facts or circumstances. Patients are urged to consult a health care professional regarding their own situation and any specific medical questions they may have.

IMPLEMENTATION OF THE GUIDELINE

DESCRIPTION OF IMPLEMENTATION STRATEGY

Once a guideline is approved for general implementation, a medical group can choose to concentrate on the implementation of that guideline. When four or more groups choose the same guideline to implement and they wish to collaborate with others, they may form an action group.

In the action group, each medical group sets specific goals they plan to achieve in improving patient care based on the particular guideline(s). Each medical group shares its experiences and supporting measurement results within the action group. This sharing facilitates a collaborative learning environment. Action group learnings are also documented and shared with interested medical groups within the collaborative.

Currently, action groups may focus on one guideline or a set of guidelines such as hypertension, lipid treatment, and tobacco cessation.

Detailed measurement strategies are presented in the original guideline document to help close the gap between clinical practice and the guideline recommendations. Summaries of the measures are provided in the National Quality Measures Clearinghouse (NQMC).

RELATED NQMC MEASURES

- [Adult low back pain: percentage of patients with acute and chronic low back pain and acute and chronic sciatica with a referral for surgical consult six to eight weeks after presenting to the clinic for a new episode.](#)
- [Adult low back pain: percentage of patients with acute low back pain receiving anterior-posterior \(AP\) or lateral \(LAT\) x-rays.](#)

INSTITUTE OF MEDICINE (IOM) NATIONAL HEALTHCARE QUALITY REPORT CATEGORIES

IOM CARE NEED

Getting Better
Living with Illness

IOM DOMAIN

Effectiveness
Patient-centeredness

IDENTIFYING INFORMATION AND AVAILABILITY

BIBLIOGRAPHIC SOURCE(S)

Institute for Clinical Systems Improvement (ICSI). Adult low back pain.
Bloomington (MN): Institute for Clinical Systems Improvement (ICSI); 2003 Sep.
63 p. [103 references]

ADAPTATION

Not applicable: The guideline was not adapted from another source.

DATE RELEASED

1994 Jun (revised 2003 Sep)

GUIDELINE DEVELOPER(S)

Institute for Clinical Systems Improvement - Private Nonprofit Organization

GUIDELINE DEVELOPER COMMENT

Organizations participating in the Institute for Clinical Systems Improvement (ICSI): Affiliated Community Medical Centers, Allina Medical Clinic, Altru Health System, Aspen Medical Group, Avera Health, CentraCare, Columbia Park Medical Group, Community-University Health Care Center, Dakota Clinic, ENT Specialty Care, Fairview Health Services, Family HealthServices Minnesota, Family Practice Medical Center, Gateway Family Health Clinic, Gillette Children's Specialty Healthcare, Grand Itasca Clinic and Hospital, HealthEast Care System, HealthPartners Central Minnesota Clinics, HealthPartners Medical Group and Clinics, Hutchinson Area Health Care, Hutchinson Medical Center, Lakeview Clinic, Mayo Clinic, Mercy Hospital and Health Care Center, MeritCare, Mille Lacs Health System, Minnesota Gastroenterology, Montevideo Clinic, North Clinic, North Memorial Care System, North Suburban Family Physicians, Northwest Family Physicians, Olmsted Medical Center, Park Nicollet Health Services, Pilot City Health Center, Quello Clinic, Ridgeview Medical Center, River Falls Medical Clinic, Saint Mary's/Duluth Clinic Health System, St. Paul Heart Clinic, Sioux Valley Hospitals and Health System, Southside Community Health Services, Stillwater Medical Group, SuperiorHealth Medical Group, University of Minnesota Physicians, Winona Clinic, Ltd., Winona Health

ICSI, 8009 34th Avenue South, Suite 1200, Bloomington, MN 55425; telephone, (952) 814-7060; fax, (952) 858-9675; e-mail: icsi.info@icsi.org; Web site: www.icsi.org.

SOURCE(S) OF FUNDING

The following Minnesota health plans provide direct financial support: Blue Cross and Blue Shield of Minnesota, HealthPartners, Medica, Metropolitan Health Plan, PreferredOne and UCare Minnesota. In-kind support is provided by the Institute for Clinical Systems Improvement's (ICSI) members.

GUIDELINE COMMITTEE

Committee on Evidence Based Practice

COMPOSITION OF GROUP THAT AUTHORED THE GUIDELINE

Work Group Members: David C. Thorson, MD (Work Group Leader) (Family HealthServices Minnesota) (Sports Medicine); Robb Campbell, MD, MPH (3M) (Occupational Medicine); Ola Kuku, MD, MPH (Allina Medical Clinic) (Occupational Medicine); Peter Marshall, MD (HealthPartners Medical Group) (Occupational Medicine); Paul Huddleston, MD (Mayo Clinic) (Orthopedics); Randy Shelerud, MD (Mayo Clinic) (Physical Medicine and Rehabilitation); Richard Timming, MD (HealthPartners Medical Group) (Physical Medicine and Rehabilitation); Thomas Gilbert, MD (Center for Diagnostic Imaging) (Radiology); Blake Johnson, MD (Center for Diagnostic Imaging) (Radiology); Bruce Hoffmann, DC (HealthPartners Medical Group) (Chiropractic); Kristen Ryan, PT (Park Nicollet Health Services) (Physical Therapy); Jennifer McCready, BS, CHES (HealthPartners Health Plan) (Health Education); Penny Carson (Institute for Clinical Systems Improvement) (Measurement Advisor); Nancy Greer, PhD (Institute for Clinical Systems Improvement) (Evidence Analyst); Barbara Mullikin, MS (Institute for Clinical Systems Improvement) (Facilitator)

FINANCIAL DISCLOSURES/CONFLICTS OF INTEREST

In the interest of full disclosure, Institute for Clinical Systems Improvement (ICSI) has adopted the policy of revealing relationships work group members have with companies that sell products or services that are relevant to this guideline topic. The reader should not assume that these financial interests will have an adverse impact on the content of the guideline, but they are noted here to fully inform readers. Readers of the guideline may assume that only work group members listed below have potential conflicts of interest to disclose.

Robb Campbell, MD, MPH owns shares of stock in Medtronic, Inc. valued at less than \$5,000.00.

ICSI's conflict of interest policy and procedures are available for review on ICSI's website at www.icsi.org.

GUIDELINE STATUS

This is the current release of the guideline.

This guideline updates a previously released version: Adult low back pain.
Bloomington (MN): Institute for Clinical Systems Improvement (ICSI); 2002 Sep.
61 p.

GUIDELINE AVAILABILITY

Electronic copies: Available from the [Institute for Clinical Systems Improvement \(ICSI\) Web site](#).

Print copies: Available from ICSI, 8009 34th Avenue South, Suite 1200,
Bloomington, MN 55425; telephone, (952) 814-7060; fax, (952) 858-9675; Web
site: www.icsi.org; e-mail: icsi.info@icsi.org.

AVAILABILITY OF COMPANION DOCUMENTS

The following is available:

- Adult low back pain. In: ICSI pocket guidelines. April 2003 edition.
Bloomington (MN): Institute for Clinical Systems Improvement, 2003 Mar. p.
270-76.

Print copies: Available from ICSI, 8009 34th Avenue South, Suite 1200,
Bloomington, MN 55425; telephone, (952) 814-7060; fax, (952) 858-9675; Web
site: www.icsi.org; e-mail: icsi.info@icsi.org.

PATIENT RESOURCES

None available

NGC STATUS

This summary was completed by ECRI on June 30, 1999. The information was
verified by the guideline developer on August 4, 1999. This summary was updated
by ECRI on October 13, 2000 and January 8, 2002. This summary was updated
most recently on March 14, 2003. The updated information was verified by the
guideline developer on May 15, 2003. This summary was updated again on April
26, 2004.

COPYRIGHT STATEMENT

This NGC summary (abstracted Institute for Clinical Systems Improvement [ICSI]
Guideline) is based on the original guideline, which is subject to the guideline
developer's copyright restrictions.

The abstracted ICSI Guidelines contained in this Web site may be downloaded by
any individual or organization. If the abstracted ICSI Guidelines are downloaded
by an individual, the individual may not distribute copies to third parties.

If the abstracted ICSI Guidelines are downloaded by an organization, copies may be distributed to the organization's employees but may not be distributed outside of the organization without the prior written consent of the Institute for Clinical Systems Improvement, Inc.

All other copyright rights in the abstracted ICSI Guidelines are reserved by the Institute for Clinical Systems Improvement, Inc. The Institute for Clinical Systems Improvement, Inc. assumes no liability for any adaptations or revisions or modifications made to the abstracts of the ICSI Guidelines.

© 1998-2004 National Guideline Clearinghouse

Date Modified: 8/30/2004

The logo for FIRST GOV, with "FIRST" in blue and "GOV" in red, and a small red star above the "I".

